

TECH TALK

Tech Talk is a game designed to spark real conversations about how we use technology and social media. The goal is to share our experiences—the good, the bad, and the weird—in an honest and open way.

Getting Ready to Play

Before you start, it's important to set some ground rules. This game works best when everyone feels safe to be honest and a little vulnerable. Consider these ground rules, or create your own:

- **Be Real.** There are no right or wrong answers. Everyone's experience is valid, and you'll probably find that others feel the same way you do.
- **What's Shared Here, Stays Here.** Respect each other's privacy. Keep what's said in the group.
- **No Judgment.** Listen with an open mind. We're all in this digital world together, and our journeys are all different.
- **Go Phone-Free.** To truly connect, let's put the tech away for a bit. Turn your phones on airplane mode, or put them in another room. (*If you're playing with task cards, you might need your phone for certain tasks so keep it close by.)



Game Instructions

How to Play

Number of Players: You can play with up to **five people**. If you have a bigger group, you can pair up and answer the questions together.

Option 1: Feeling Competitive?

For players who love a little friendly competition, there's an option to keep score. Shuffle the cards, and place them in a pile that everyone can reach. The first person to hit **20 points** wins!



Conversation Cards: Each card is worth **2 points**.



Task Cards: These cards are worth **5 points** each.



Pass It On: If you get a card you're not comfortable answering, you can pass it to the group. Another player can then answer it to earn the points!

Option 2: Just Chilling

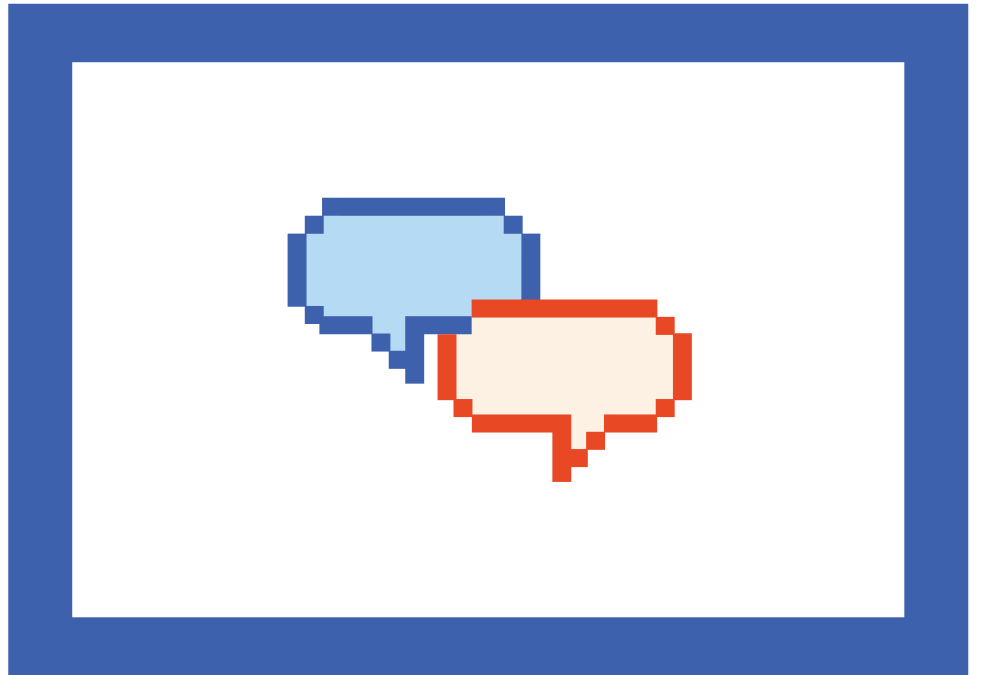
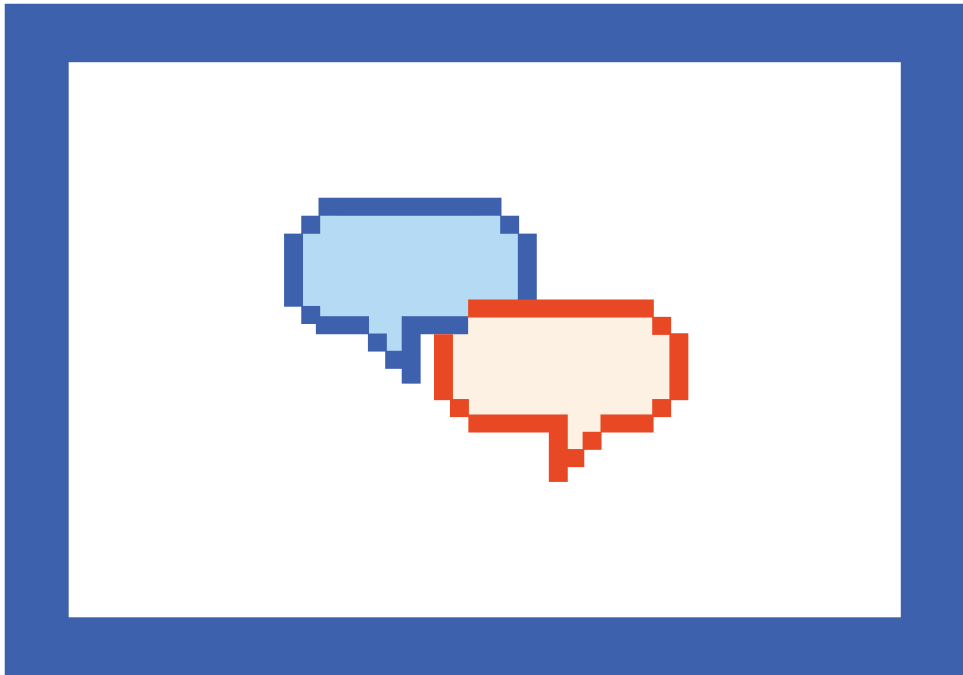
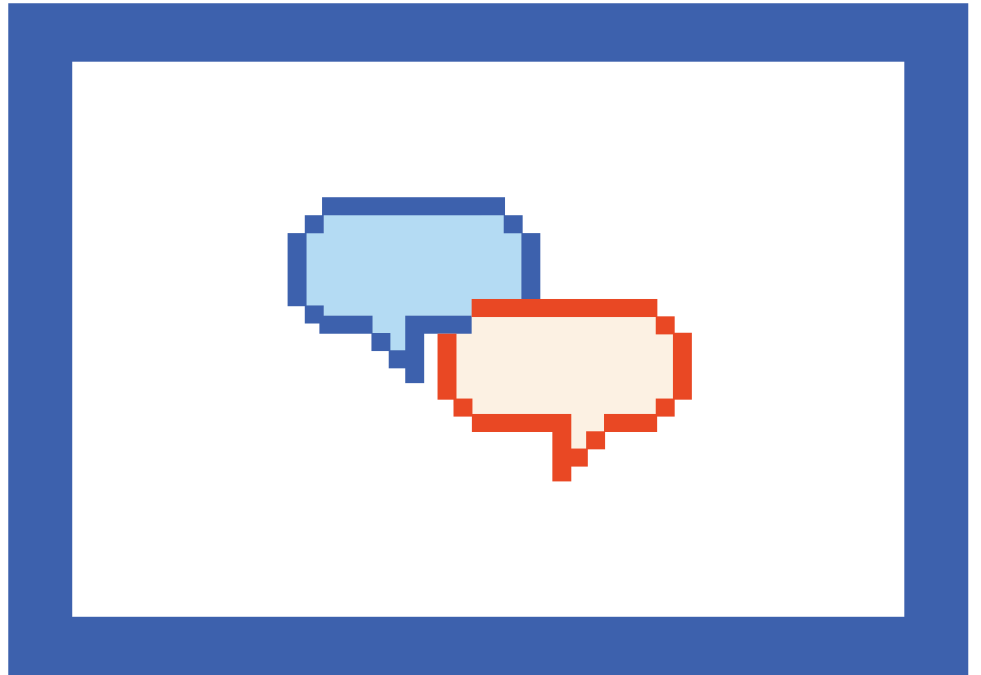
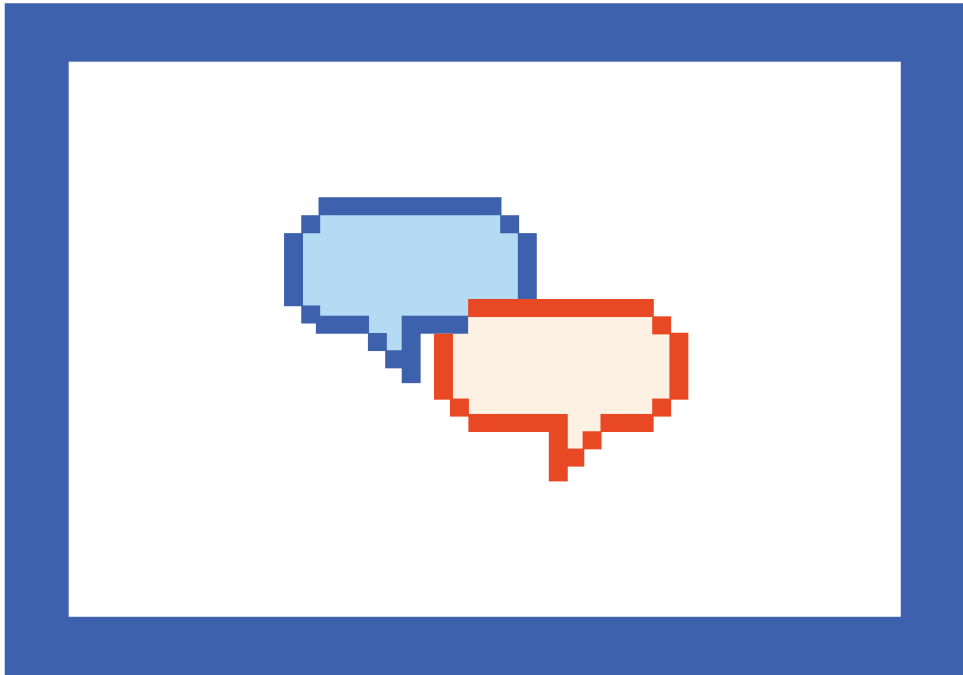
If you're not in the mood for points, just ditch the scoring entirely. Focus on drawing cards and having great conversations. Relax and connect without any pressure.

Option 3: Quick Round

If you're short on time, just go around the circle and have each person answer **2-3 questions** each. It's a quick and easy way to spark a conversation.



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If technology did not exist
for the next 3 months,
what would you do?

2 points



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How do you feel when you've
spent "too much" time on
social media?

2 points



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How do you feel when
you've been away from
your phone for an hour?
A day? A week?

2 points



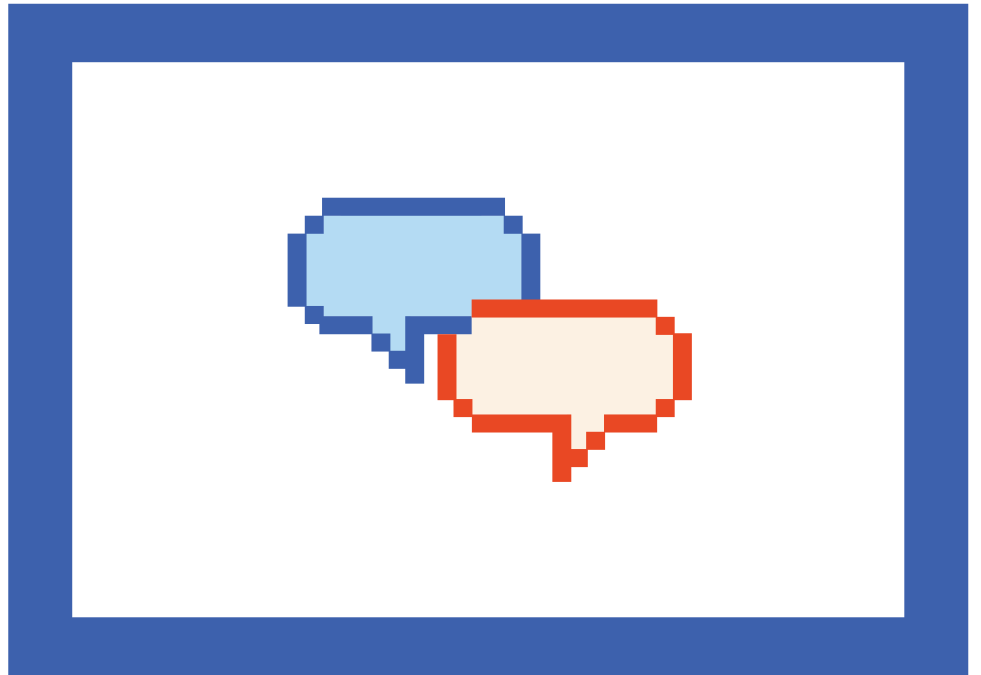
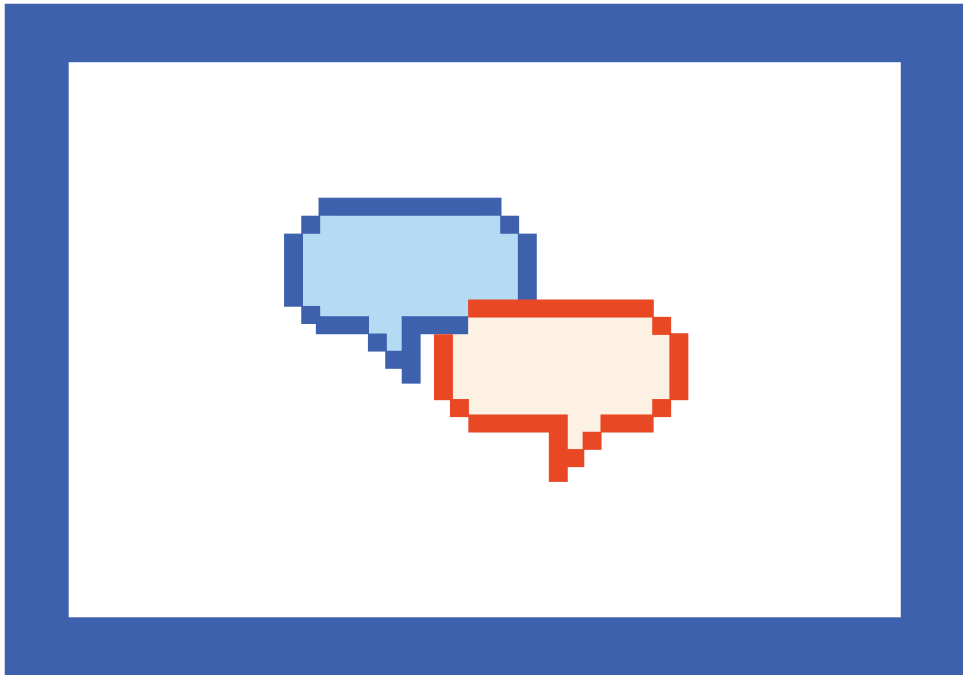
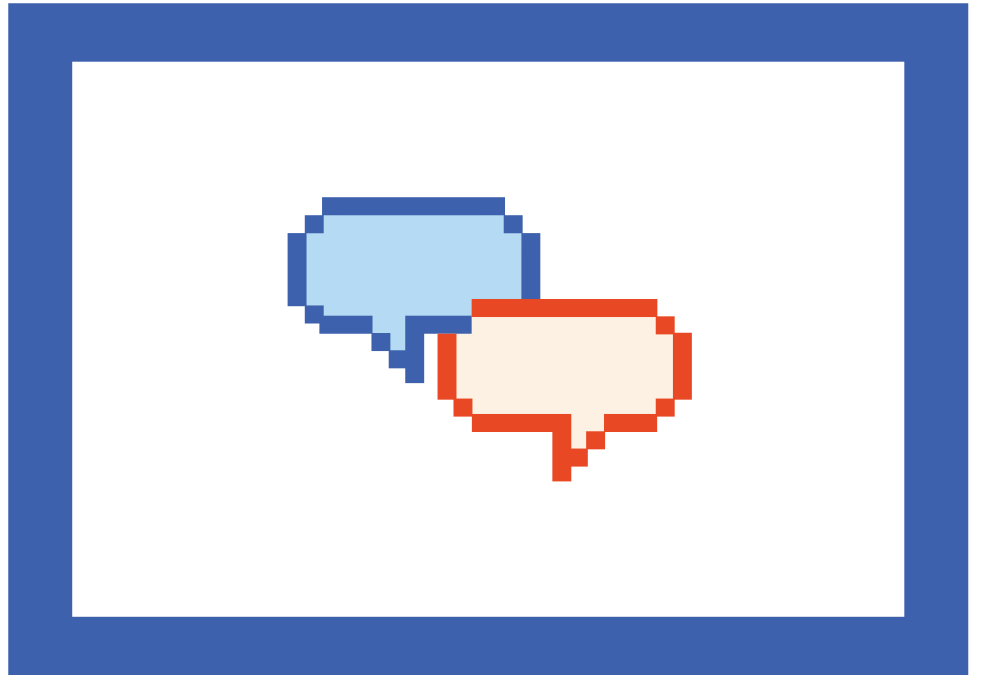
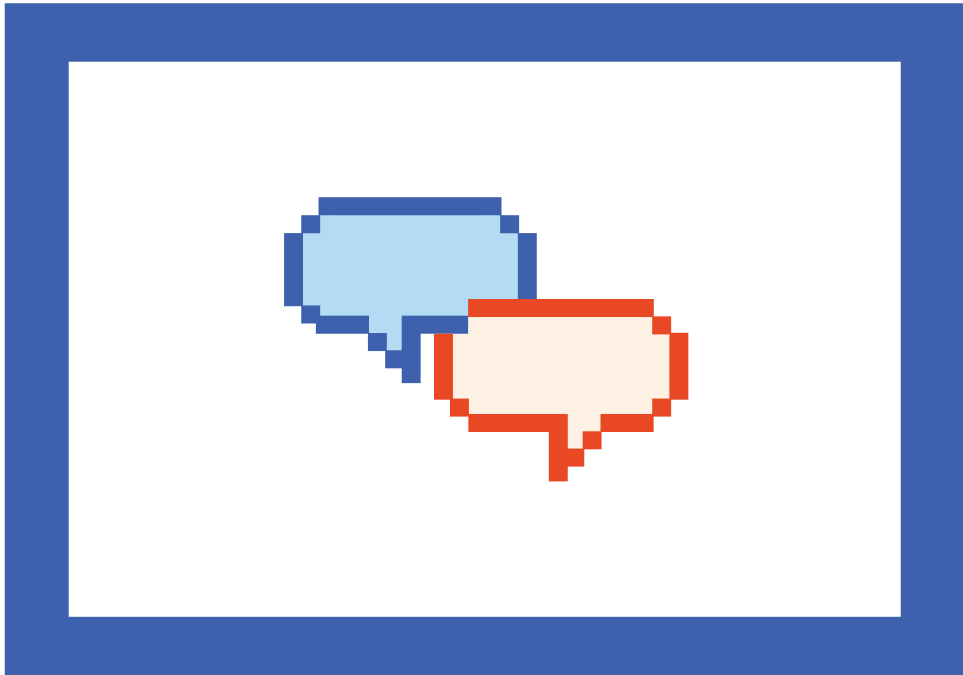
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What's one app that you
spend too much time on
but want to spend less
time on? Why?

2 points



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Has technology or social media changed your relationships over time?
If so, how?

2 points



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What is something you like that not many people know?

2 points



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What was your first screen name or username?
What is the story behind it?

2 points



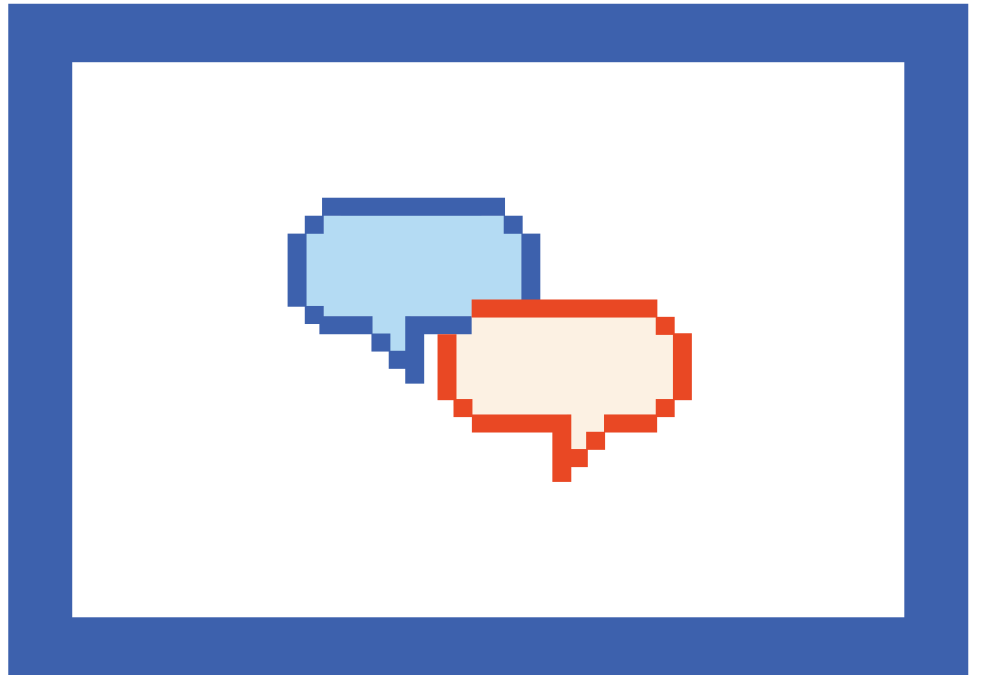
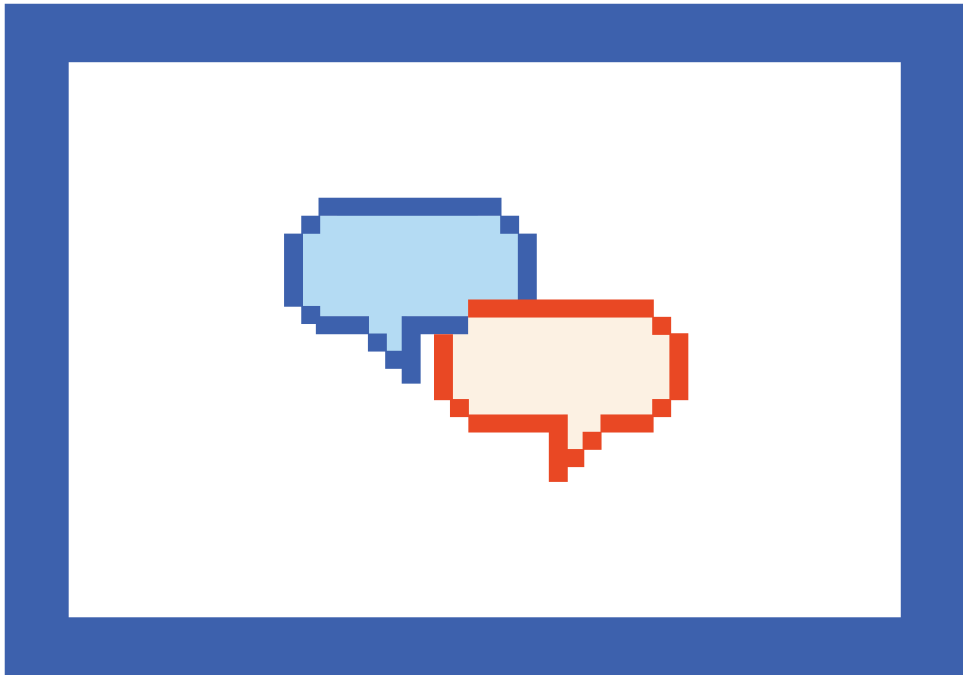
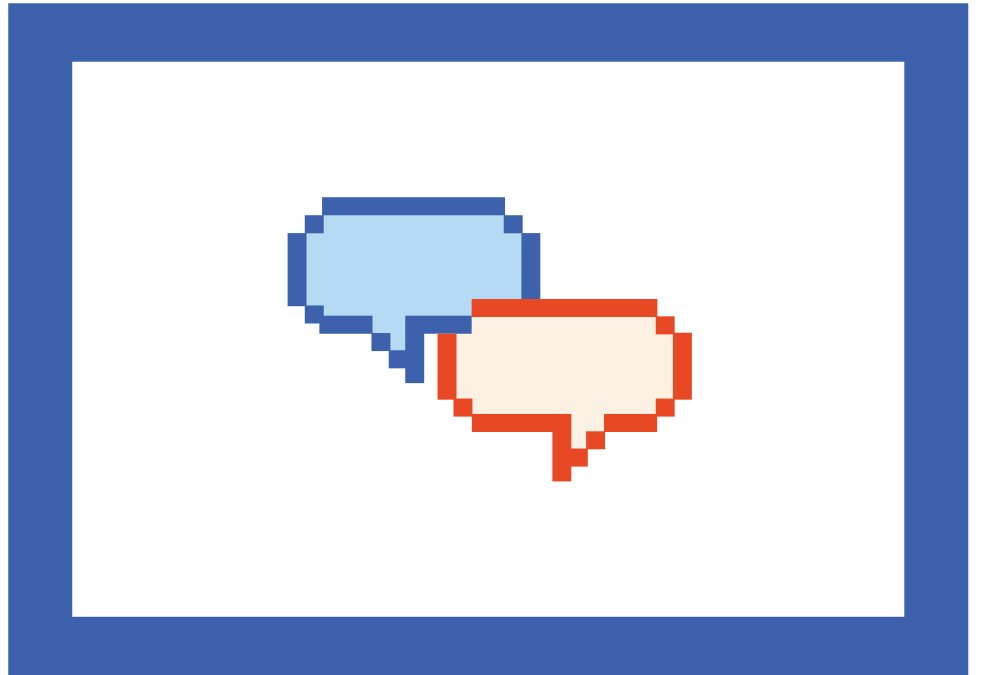
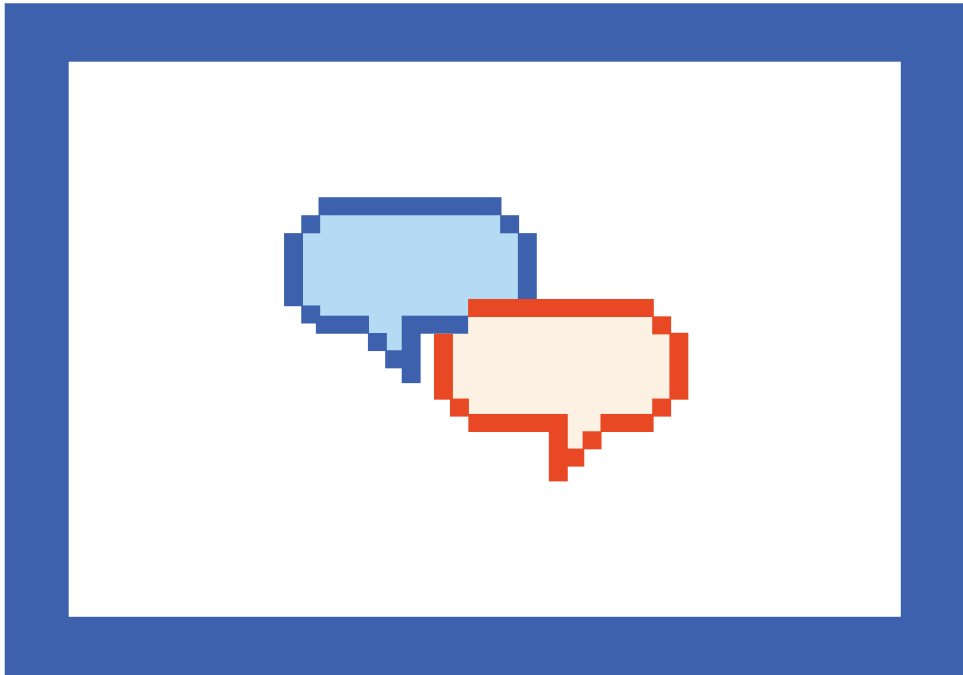
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How do you think technology is going to affect your life in the future? Do you think things will change for the better? For the worse?

2 points



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What brings you to
your phone?

2 points



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Share one time that a
post inspired you.

2 points



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What is one feature you'd
change about the social media
app you use the most?
Why?

2 points



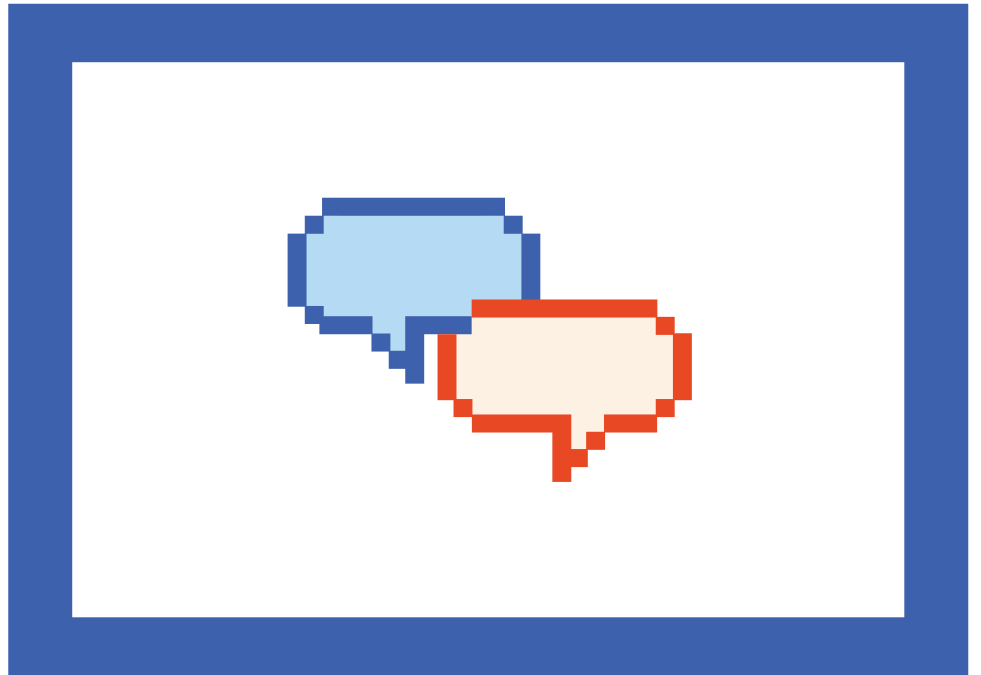
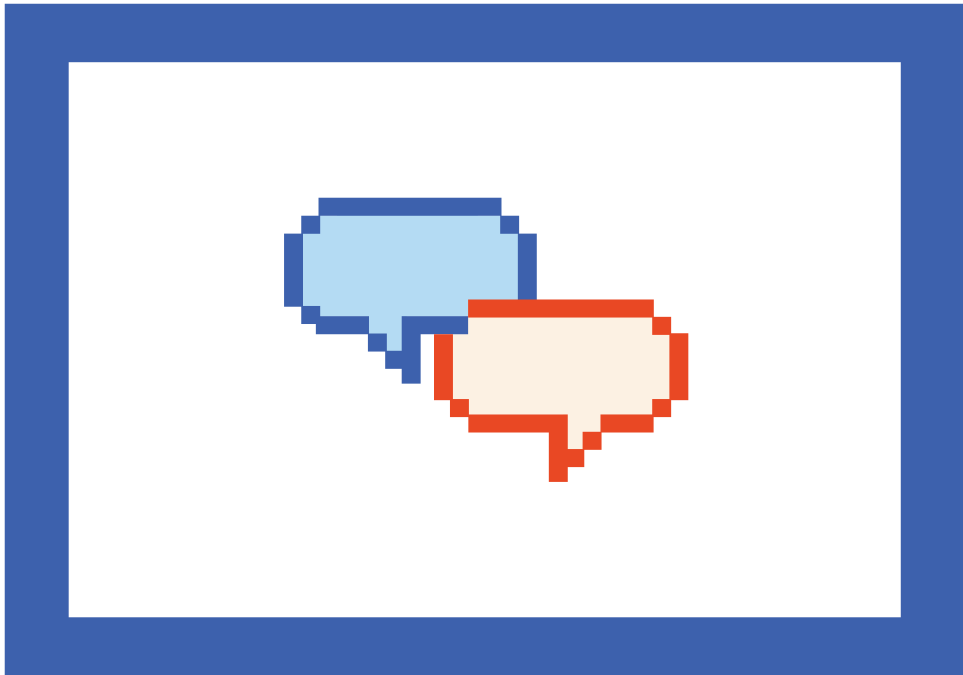
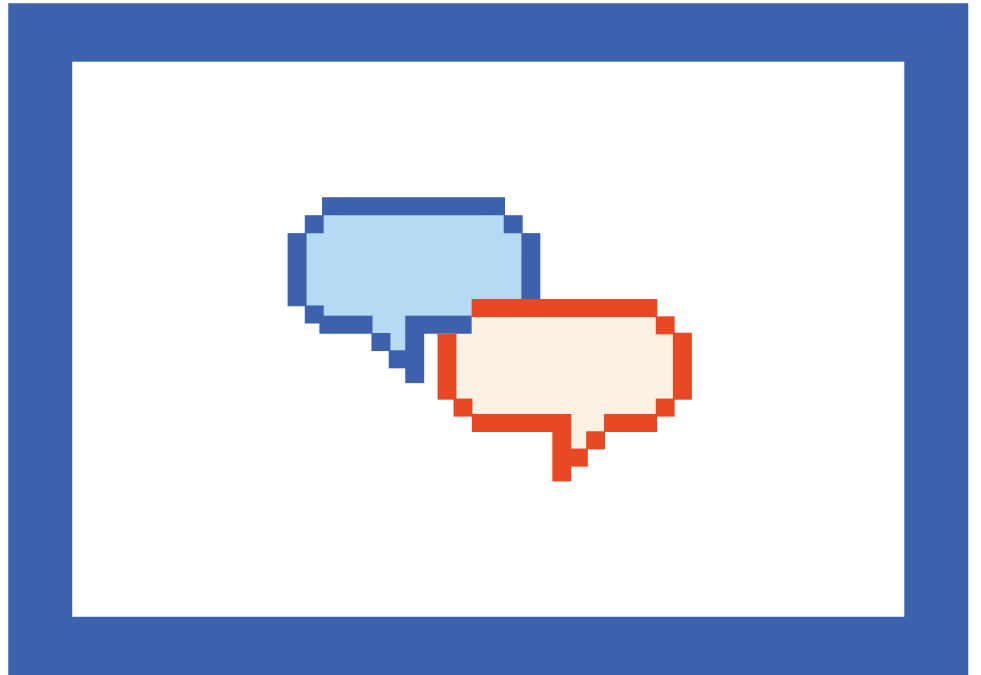
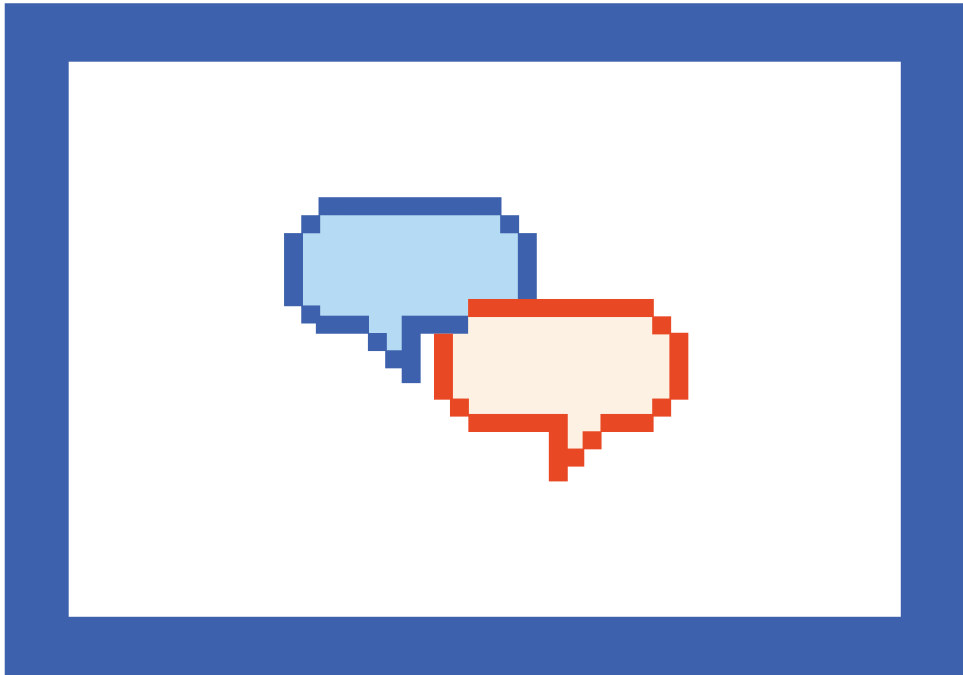
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Besides your phone,
how do you stay connected
with your friends
and family?

2 points



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What is the first thing that you'd do if you had all the money in the world?

2 points



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Remember COVID? If another pandemic or big event required you to be home for a while, what would you do differently related to technology?

2 points



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Is there something you're looking forward to whether it's in the near/far future?

2 points



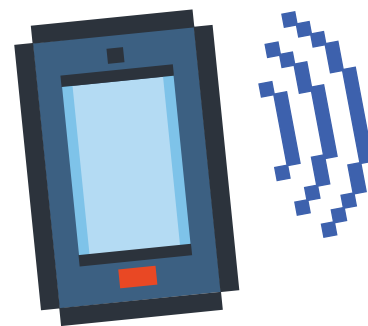
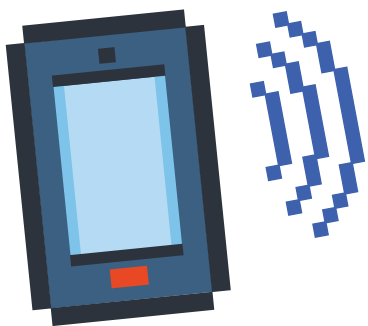
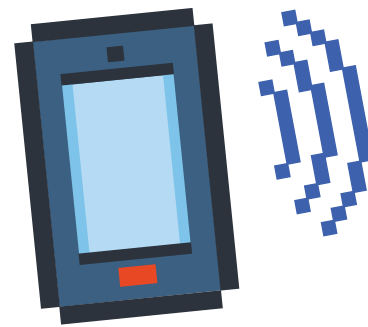
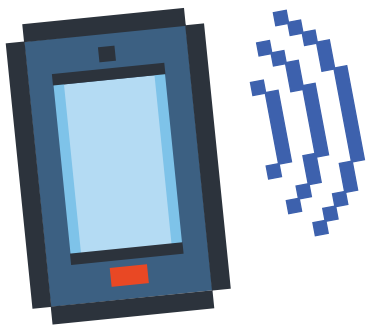
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Share one time that a post upset you.

2 points



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Share a post you made that makes you happy.

5 points



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Share a post that made you laugh out loud.

5 points



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Set a 1-hour daily limit on one of your top 5 most used apps.

5 points



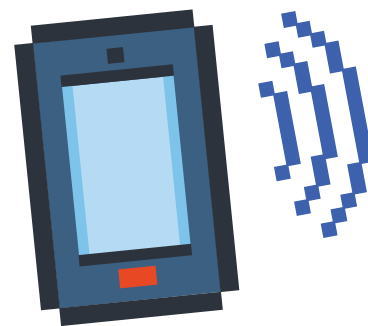
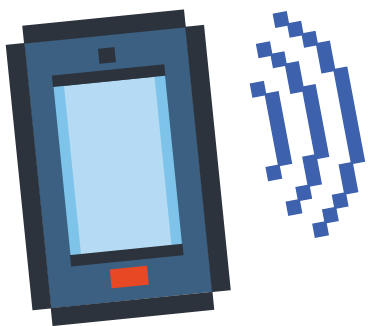
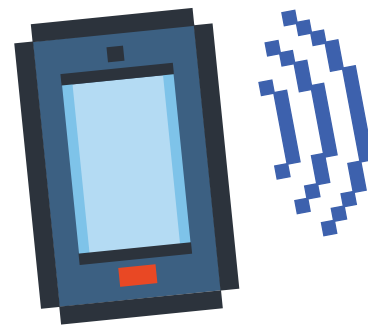
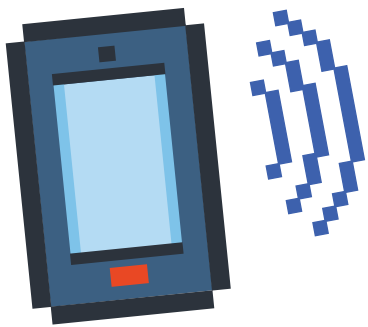
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Put your phone on "do not disturb" for the rest of the game.

5 points



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Guess your most used app.
Check your phone.
If you guess right,
you get 5 points.

5 points



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Turn off notifications on one
of your top 5 apps that most
often pings you.

5 points



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Delete up to 5 apps you
haven't used in the last week.
1 point per app deleted.

Up to 5 points



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Unfollow up to 5 accounts
that don't spark joy.
1 point per unfollow.

Up to 5 points



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